



Welcome to
Olympic Medical Center's

Room Service Dining

Fast, friendly service and good food prepared by chefs Matt and Brian
Ready to serve you 7:30am - 6:30pm

Please plan your meal around your treatment, medications, and insulin.

Dial **63257** to place your order.

Stay on the line to ensure you do not get bumped to the end of the queue.

Your calls may be monitored for quality assurance.

We pledge to deliver your meal hot and fresh within 40 minutes.

Our café is open 7:00am to 7:00pm for family and friends.

Breakfast Served ~ 7:30 am to 10:00 am

Cereals

oatmeal
cream of wheat
cream of rice

raisin bran
corn flakes

cheerios
granola

Fruits

cantaloupe
bananas
apple slices
orange wedges

fresh fruit cup
sliced peaches
applesauce
blueberries

grapes
raisins
pears

Breakfast à la Carte

Yogurt

strawberry vanilla peach

Yogurt Banana Split

Vanilla yogurt topped with strawberries, pineapple and bananas, sprinkled with granola and served with a cherry on top!

Breads & Toast

wheat sourdough rice cakes
7-grain raisin bread cinnamon roll
white bagel homemade muffin
rye english muffin

Morning Favorites

With choice of:

egg substitute hashbrowns toast

Traditional

Two eggs, served your way with your choice of bacon, ham, or sausage.

Veggie Scramble

Two eggs scrambled with assorted vegetables (zucchini, onion and tomatoes) & cheddar cheese.

Fluffy Two Egg Omelet

ham & cheese • spinach & cheese • sautéed vegetables

Breakfast Burrito

Scrambled eggs and cheese wrapped in a warm flour tortilla, served with salsa.

Breakfast Sandwich

Egg & cheese on english muffin.


Pancakes • French Toast •

Belgian Waffles

Maple syrup or strawberry sauce, and a side of bacon, ham, or sausage link.

Lunch and Dinner

Served ~ 10:30 am to 6:30 pm

 **63257** For Service (or to place advance orders)

Savory Soups

homemade soup of the day
cream of tomato chicken noodle
cream of mushroom cream of chicken
vegetable soup in beef broth
chicken, beef or vegetable broth

Deli Sandwiches *Half or whole*

<u>Bread</u>	wheat	7-grain	marbled rye
bagel	white	tortilla	sourdough

<u>Filling</u>	turkey	egg salad	roast beef
ham	chicken salad	tuna salad	
	peanut butter and jelly		

<u>Tasty</u>	lettuce	tomato	pickles
<u>Extras</u>	mayo	mustard	ketchup
	onions	peppers	bacon

<u>Cheese</u>	American	Cheddar	Swiss
----------------------	----------	---------	-------

The Grill

Hamburger or Veggie Burger

Grilled patty on a whole wheat bun, served with mayo, lettuce, tomato and a pickle.

Grilled Cheese Sandwich

American cheese on white or wheat bread, grilled to a toasty, golden brown.

Grilled Chicken or Fish Sandwich

Boneless breast of chicken or seasoned fish filet with basil mayo, lettuce and tomato on a wheat bun.

French Dip

Tender sliced roast beef on a crusty French roll, served with hot au jus.

Side Selections that make it a meal

fruit medley • salad (garden, spinach or Caesar) • coleslaw • potato salad • pasta
whipped or baked potatoes • cottage cheese • baked fries • chips • steamed rice • rice pilaf

Vegetables broccoli • carrots • corn • diced yams • green beans • peas • zucchini

Condiments

salt & pepper	sugar	lemon wedges
Mrs. Dash	brown sugar	creamer
ketchup	Splenda	Coffee Mate
Tabasco	honey	cream cheese
salsa	jelly	Smart Balance
sour cream	syrup (reg/diet)	butter

Beverages

<i>Coffee / Tea</i>	<i>Milk</i>	<i>Juices</i>
regular	Whole	apple
decaf	2%	orange
herbal	fat free	grape
hot cocoa (reg/sugar free)	chocolate	cranberry
iced tea	Lactaid	prune
	vanilla soy	V-8 (low sodium)
	buttermilk	pineapple

bottled water • Gatorade • lemonade •
milkshake • cola (reg/diet) • Crystal Light •
lemon/lime soda (reg/diet) •
Boost Plus (chocolate/vanilla)



BREAKFAST FROM



IS ON THE
PREVIOUS PAGE

Entree Salads

Fruit Plate

A medley of fruit, fresh or canned, served with yogurt or cottage cheese.

Caesar Salad

Crisp romaine lettuce, parmesan cheese, croutons and Caesar dressing.
Grilled chicken on request.

Chef Salad

Mixed greens, sliced cucumbers, carrots and tomatoes topped with julienne turkey, ham, cheese and hard-boiled egg.

Dressings

1000 Island	Italian
Vinegar and Oil	French
Light Ranch	Fat free Italian
Low cal / low sodium	Italian or French



Pasta Plus

Spaghetti with Meatballs

Tender noodles, marinara sauce and tasty meatballs sprinkled with parmesan.

Pasta Primavera

Tomatoes, carrots, snow peas, mushrooms, olives and noodles tossed in a lemon vinaigrette.

Rice & Bean Burrito

Black beans, corn, rice & cheese in a warm tortilla, topped with sour cream & salsa.

The Main Course

Beef Medallions

Tenderloin tips in a light mushroom sauce.

Northwest Salmon

Salmon filet marinated and grilled to a moist, flaky perfection.

Classic Meatloaf

“Mom’s Special” baked and covered with a rich savory gravy.

Lemon Crusted Cod

Oven baked cod with a hint of lemon. Moist, flaky and tender.

Hearty Beef Stew

Tender pieces of beef & chunky vegetables in a tasty broth.

Personal Size Pizza

Cheese • Sausage • Veggie

Herb Seared Breast of Chicken

Seasoned with a blend of spices, seared to lock in flavor and baked to a golden hue.

Crispy Chicken Strips

Breaded chicken strips baked and served with ranch or BBQ dipping sauce.

Hot Roast Beef or Turkey Sandwich

Tender slices of meat in rich, savory gravy served open-faced on your choice of bread.

Chicken Cheese Enchilada

Tortilla filled with a savory stuffing, topped with a mild red chili sauce and sprinkled with cheese.

Healthy Snacks

Veggie Plate with ranch dressing • **Apple Slices** with peanut butter or cheese slice •
Meat & Cheese Plate (turkey, ham or roast beef with swiss, cheddar or american) •
Fresh Fruit apple, banana or orange

Desserts

Pies

apple
lemon meringue

Cake

angel food w/ fruit sauce
chocolate lava

Pudding

chocolate
vanilla
tapioca
custard

vanilla ice cream
orange sherbet
popsicle
chocolate chip cookie
peanut butter cookie

Low Carb Desserts

jell-o • chocolate pudding • cheesecake

Nourishing Extras

Boost Plus (chocolate, vanilla)
Boost Glucose Control
Boost Pudding (chocolate, vanilla)
Katie Shake (orange, strawberry)

*If your Physician has ordered a liquid or transitional diet for you,
please make your meal selections from the following lists.
If you don't know your Physician-ordered diet, please ask your nurse.
Our Dietary staff can help you with your selections when you call.*

Clear Liquid Diet Menu

*This diet includes any foods that are
liquid at room temperature:*

Broth ~ chicken • beef • vegetable
Juice ~ cranberry • apple • grape
Jell-O ~ strawberry • orange
Jell-O diet ~ lemon-lime • orange
Coffee ~ regular • decaf
Tea ~ regular, decaf • iced • herbal
Gatorade
Popsicles ~ cherry • orange • grape


Full Liquid Diet Menu

*This diet includes all clear liquid food items
to the left **plus** the following items:*

Soups ~ cream of chicken
mushroom • tomato
Cereal ~ cream of rice • cream of wheat
Juice ~ orange • pineapple • prune
Pudding ~ vanilla • chocolate • tapioca
custard • sherbet • vanilla ice cream
Milk ~ whole • 2% • skim • lactose-free
chocolate • vanilla soy
Yogurt ~ vanilla
Katie Shakes • Boost Pudding •
Milkshakes • Boost Plus

For a nominal fee, patients may order meals for a family member or loved one,
which will be delivered along with your meal.

Simply ask your guest to prepay in the Café before ordering.

 **63257**
For Service

Rev. 09-15

BUEN PROVECHO ~ TO YOUR HEALTH!

Our goal is to exceed your expectations! Tell us how we are doing
and what more we can do for you.

Complete the comment card and leave it for us on your tray.

